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1970 - 1990 EARTH  
DAY



Help Save The Earth.  
Join The 20<sup>th</sup>  
Anniversary Celebration  
OF EARTH DAY.

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# 101 Things You Can Do To Save the Environment

## In Your Home....

1. Recycle everything you can: Newspapers, can, glass, aluminum foil and aluminum pans, motor oil, scrap metal, etc. Call or write the Recycling Information Line, 600 Broadway, Kansas City, MO 64105. Phone: (816) 474-8326 for recycling centers near you.
2. Consider creating a recycling area in your kitchen or garage. If recycling is easy, you'll do it. For example, grocery bags are the perfect size for storing newspapers headed for recycling.
3. Open dishwasher prior to dry cycle in winter, this adds humidity to air and deletes heating required for drying cycle.
4. Clean windows with vinegar and water instead of chemical products and try crumpled-up newspapers are great for washing windows instead of paper towels.
5. Get an energy audit from your Utility Company. KCPL provides energy audits (\$15/MO Resident; \$5/KS Resident) KPL provides energy audits at no charge out of their Topeka, KS office.
6. Have your water heater insulated. Contact a plumbing contractor. Neither local utility companies provide this service currently and set water heater at 130 degrees.
7. Install water saving mechanism in your water closets or install a 1.6 gal/flush water closet. (Typical use is 5 to 7 gallons per flush)
8. Use reusable containers to store foods...not plastic wrap or foil.
9. Reuse paper bags to line your trash can instead of plastic liners. Reuse bread bags, butter tubs, etc.
10. Use newspapers to drain grease instead of paper towels.
11. Use washable rags for cleaning up spills and other household chores instead of paper towels.
12. Use water from cooking vegetables to make soups.
13. Grow your own food when possible (even a small kitchen garden for herbs).
14. Save kitchen scraps for a compost pile.
15. Don't use electrical appliances for things you can do easily by hand.
16. Don't put hazardous substances down your drain or in your trash (paint thinner, furniture polish, etc.) Dispose of them on designated hazardous waste days.
17. Use cloth napkins instead of paper napkins.
18. Don't leave water running needlessly. (Example: turn off water while brushing your teeth.)
19. Turn off lights when you are out of the room. Ditto with the TV.
20. Use cold water in the washer unless it's necessary to use warm or hot.
21. Hang clothes out to dry if possible. In winter this adds humidity to the air in house and saves on dryer energy.

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22. Try to use phosphate-free laundry and dish soaps.
23. Use cloth diapers when possible. Plastic disposable diapers do not break down in landfills.
24. Install a water saving shower head.
25. Save coat hangers and return them to the cleaners.
26. Use insulated drapes or shades on windows. Close them when not a home and at night during heating season.
27. Open windows....turn off AC in summer.
28. Lower your house temperature by one degree per hour for every hour you'll be away or asleep.
29. Avoid use of household pesticides. Flyswatters work very well.
30. Take unwanted, reusable items to a charitable organization or thrift shop.
31. Use rechargeable batteries.
32. Close off fireplace with a glass door unit. Fireplaces are extremely inefficient without doors that fit the opening tightly.
33. Use only seasoned wood in your wood stove or fireplace.
34. Put a catalytic converter on your wood stove.
35. Write to companies that send unwanted junk mail...ask them to take you off their list. National address and phone number is: Direct Mail Advertising Association, 6 East 43rd Street, New York, NY 10017. Your phone company and credit card companies also sell their mailing lists, be sure to contact them as well.

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## In Your Yard...

36. Start a compost pile by composting your leaves and yard debris or take them to a yard debris recycler. Burning them creates air pollution and putting them out with the trash is a waste of landfill space.
37. Pour waste water on garden/lawn and use mulch to conserve water in your garden.
38. Take extra plastic and rubber pots back to the nursery.
39. Plant things that don't require much water.
40. Ignore caterpillars and most native leaf chewing insects. Let birds and insect predators take care of them.
41. Learn about natural insect controls as alternatives to pesticides.
42. Pull weeds instead of using herbicides. If you use pesticides, herbicides or fungicides, don't throw leftovers in trash, down your drain or in a storm sewer. Dispose of them on a hazardous waste collection day.
43. Use organic fertilizers....good ol' manure or "zoo doo" helps condition your soil and fertilizes at the same time. The Kansas City Zoo will be providing this service soon.
44. Plant short, dense shrubs close to your home's foundation to help insulate against cold.

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45. Landscape with plants that aren't prone to insect and fungus problems.
46. Put up birdhouses and bird baths and plant shrubs and trees in your yard that provide food and shelter for birds and other small creatures.
47. Large expanses of lawn are not good habitat for small creatures, plus they usually must be maintained with chemicals and extensive watering. Consider digging up some of your grass and plant native shrubs and trees instead.

#### On Vacation...

48. Turn down the heat and/or air conditioner and turn down water heater before you go.
49. Build smaller camp fires when camping. Be sure to extinguish properly.
50. Don't pick wildflowers or collect wild creatures for pets...leave animals and plants where you find them.
51. Watch out for wildlife...give consideration to all living things you see crossing the road.
52. Don't buy souvenirs made from wild animals.
53. Carry reusable cups, dishes and flatware. Use paperware if disposable is a must. If using plastic, make sure it doesn't end up in lakes or streams.

#### In Your Car...

54. Drive sensibly...don't waste gas and consider gas efficiency when purchasing your next car.
55. Keep your engine tuned.
56. Carpool when possible (Carpool Number in Kansas City area is 842-RIDE).
57. Use public transit, walk or ride a bike whenever possible.
58. Keep tires properly inflated to save gas and keep your wheels in alignment to save your tires.
59. Use a garage that recycles. In Kansas City, MO, Industrial Service Company (816) 833-1919 will take old crankcase oil.
60. Don't litter...keep a litter bag in the car.

#### At Your Business...

61. Start an office recycling program for office including computer paper, cardboard, etc.
62. Reuse manila envelopes and file folders.
63. Use smaller paper for smaller memos and print or copy on both sides of the paper.
64. Print things on recycled paper and use scrap paper for informal notes to yourself and others.
65. Use a Fax machine in lieu of rapid delivery (Fed Ex, Airborne, etc.)
66. Route things around the office or post non-urgent communications rather than making multiple copies whenever possible.

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67. Use stairs instead of elevator.
68. Office building landscape doesn't have to be sterile lawns and bedding plants. Plant trees and shrubs the birds will use for a natural habitat.
69. Consider a bird feeder outside your office window. It's a great conversation piece.
70. Use ceramic mugs, glass or china cups rather than throw away cups. If you must use disposable cups for visitors, use paper rather than styrofoam.

#### When You're Shopping....

71. Don't buy food or household products in plastic or styrofoam containers if there's an alternative (milk and egg cartons, vegetable oils, butter tubs, etc.). They can't be recycled, they don't break down in the environment, and the CFC's in styrofoam destroys the ozone.
72. If you must buy disposables, buy paper products rather than plastic or styrofoam.
73. Don't buy aerosol products. Use stick or roll-on deodorant. Use non-aerosol hair spray, etc.
74. Buy organic, pesticide-free foods. Buy foods without additives or preservatives.
75. Buy locally grown food and locally made products when possible. (The Best of Kansas City has a list of many local products.)
76. Buy in bulk to help reduce pollution that comes from the manufacture and disposal of many small packages. (Also, saves you money)
77. Don't buy things with excess packaging (individually wrapped cheese slices, fruit or vegetables wrapped with cellophane, etc.).
78. Put your parcels in one big sack instead of collecting several small ones.
79. Read labels and buy the least toxic product available for cleaning, pest control and other jobs.
80. Buy living Christmas trees.
81. Don't buy exotic pets or products that come from endangered animals.
82. Ask questions...don't buy products that are hazardous to the environment or that were manufactured at the expense of important animal habitats.
83. Buy natural fiber clothing like wool, cottons, etc. rather than rayon, acrylic, etc.
84. Buy things made of renewable resources: wool, cottons, plant matter, organic compounds, wood instead of plastics, etc.
85. Check the energy rating on major appliances you buy.

#### Personal Efforts....

86. Check your lifestyle...think about the effects of your daily actions on the environment.
87. Give money and time to worthy conservation/environmental causes.
88. Join a conservation organization.

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89. Vote for candidates that share your environmental/conservation sentiments.
90. Read books and articles on environmental issues and wildlife.
91. Subscribe to conservation or environmental publications. Purchase them as gifts for others. Missouri residents can receive Missouri Conservationist Free by calling (816) 356-2280.
92. Learn about plants and animals in your region. Missouri Department of Conservation publishes list of rare and endangered species of Missouri. Kansas City Office (816) 356-2280.
93. Plant trees in your community and volunteer to help maintain local parks and wilderness.
94. Explore and learn about your bio-region.
95. Discover your watershed and work to protect it.
96. Oppose the use of roadside defoliants in your area.
97. Learn where your energy comes from and where your waste water goes.
98. Support your local utility companies conservation efforts.

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### Spread the Word...

99. Convert by example...encourage other people to save resources, too!
100. SPEAK OUT! Complain to merchants about excess packaging, use of plastics, etc. Patronize merchants who are environmentally conscious. Write your legislators when you have an opinion about pending legislation on environmental, land use and other issues.
101. Teach children to respect nature and the environment. Take them on a hike, help them plant a tree or build a bird house, buy them a nature book or subscription to a wild life magazine.

### Numbers To Call For More Information...

Recycling Information Line, 600 Broadway, Kansas City, MO 64105 (816) 474-3826

Mid-America Regional Council (MARC), 600 Broadway, Kansas City, MO 64105  
(816) 474-4240

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On Earth Day and every day, there are actions that each of us can take to protect our environment. This list of 100 suggestions can help you identify ways you can have an impact in your daily life.

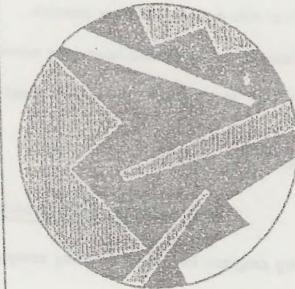
Don't feel guilty if you can't do all 100. Start with one or two, and gradually change your lifestyle.

This list was distilled from several sources, including "100 Ways You Can Save the World," *Detroit News*, July 27, 1989; "101 Ways to Heal the Earth," *In Context* newsletter no. 22; and DNR staff from the Energy Bureau and Waste Management Authority Division.

Here then is the *Iowa Energy Bulletin's* list of

# 100 Ways You Can Save the Earth

1. Buy plain white toilet paper, tissues and paper towels. Dyed paper pollutes.
2. Instead of ammonia-based cleaners, use vinegar and water or baking soda and water.
3. Walk or ride a bike instead of using the car for short trips.
4. Reuse your grocery bags, or buy a string bag you can carry your groceries in.
5. Buy eggs and milk in cardboard cartons instead of plastic. If you buy plastic, take them to a recycling center.
6. Take showers instead of baths to save water and energy.
7. Keep your car tires inflated to the proper pressure to improve fuel economy.
8. Don't use electric tools and appliances when hand-operated ones will do the job.
9. Choose a light-colored car with tinted glass to lessen the need for air conditioning.
10. Use mulch and natural ground covers in gardens to contain moisture and conserve water use.
11. Instead of ironing, hang clothes in the bathroom while you shower.
12. Turn off lights in rooms you aren't using.
13. Replace incandescent bulbs with more efficient screw-in compact fluorescent bulbs or fluorescent fixtures.
14. Use high quality multi-grade oil in your car to increase fuel efficiency.
15. Air-dry laundry when possible.
16. Avoid keeping refrigerator or freezer too cold. Government recommended temperature for fresh food is 38 degrees Fahrenheit. For freezers it's 5 degrees F.
17. Reuse aluminum foil and plastic wrap, or avoid them completely with reusable plastic containers.
18. Plant trees. Strategically located, trees can reduce heating and cooling bills, help prevent soil erosion and reduce air pollution.
19. Water lawns and gardens at night to limit evaporation.
20. Compost your leaves and yard waste. You'll have a rich



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garden fertilizer and avoid sending yard waste to the landfill.

21. Plant marigold plants to repel insects. Other "natural" pesticides are carried by garden supply stores.

22. Be sure to return your recyclable cans and bottles for your deposit.

23. Don't pour oil and gasoline into the sewer system. Take to your local service station.

24. Buy rechargeable batteries.

25. Use cold water rather than hot water whenever possible for kitchen tasks and laundry.

26. Share rides to work or use public transportation.

27. Buy a fuel-efficient car. Aim for 35 miles per gallon.

28. Read labels and research the products you buy.

29. Don't use excessive amounts of detergent. Pre-soak dirty laundry.

30. Insulate your basement to save 1/3 on your heat bill.

31. Buy products packaged in recycled paper or cardboard.

32. Caulk and weatherstrip doors and windows.

33. Ask your utility company for an energy audit to assess energy waste in your home.

34. Install water-conserving showerheads and sink-faucet aerators.

35. Insulate your water heater.

Turn it down to 121 degrees F. 36. Limit or eliminate your use of "disposable" items.

37. Close off unused areas of your home. Shut off or block heat vents.

38. Compare Energy Guide labels when buying appliances.

39. Keep the fireplace damper closed to prevent heat escape. Keep glass fireplace doors closed when a fire is burning.

40. Use an automatic setback thermostat to turn down heat when you're not home and at night.

41. Capture free solar heat in the winter by opening curtains on south windows on sunny days.

42. Clean lamps and lighting fixtures regularly.

43. Avoid products packaged in plastic foam. It is often made of CFCs which harm the ozone layer.

44. Tune up your car regularly for maximum gas mileage.

45. Remove unnecessary items from your car. Each 100 pounds of weight decreases fuel efficiency by 1%.

46. Don't speed; accelerate and slow down gradually.

47. Use latex and other water-based paints instead of toxic enamel or oil-based paints.

48. Repair leaks and drips as soon as they occur. A moderate drip wastes two gallons of water or

more per hour.

49. Rent or borrow items you don't often use. Efficient use of products conserves resources.

50. Use small electric pans and ovens to reduce energy use.

51. Run your dishwasher only when full, and use the energy saver cycle.

52. Avoid products made from tropical rain-forest woods.

53. For furniture polish, use 1 part lemon juice, 2 parts olive or vegetable oil.

54. For a toilet bowl cleaner, use baking soda and a brush.

55. As a disinfectant, use 1/2 cup borax in 1 gallon water.

56. Instead of chemical air fresheners, set a cotton ball soaked in vanilla extract on a saucer.

57. Instead of toxic mothballs, use cedar chips.

58. Roach killer: mix baking soda and powdered sugar.

59. Ant killer: Use chili powder to hinder entry.

60. To clean rugs and upholstery, sprinkle on cornstarch, then vacuum.

61. Do not toss toxic chemicals into your garbage. Call the Groundwater Hotline 1-800-532-1114 to find out how to dispose, or keep them for a Toxic Cleanup



Day.

62. Use pump sprays instead of aerosols.

63. Use a holding tank on your boat and don't empty tanks into the water.

64. Don't litter. Pick up any you see, especially plastic rings that can trap birds and fish.

65. Take your own coffee cup to work instead of using disposables.

66. Pour a kettle of boiling water down the drain weekly to melt fat that may be building up.

67. Take old tires to a landfill for proper disposal.

68. Buy recycled paper products, stationery and greeting cards.

69. Shop at your local farmers market. Products are fresh, packaging is minimal and foods are less likely to be contaminated with preservatives and pesticides.

70. Start an organic garden.

71. Buy in bulk to avoid overpacking.

72. Avoid optional equipment on cars that decreases fuel economy.

73. When having air conditioners serviced, choose companies that will recycle freon instead of venting it.

74. Keep lint screen in dryer clean.

75. Use a car ashtray instead

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of flicking cigarette butts out the window.

76.

Use cloth or biodegradable diapers instead of plastic ones.

77. Urge your local community to start a curbside recycling program.

78. Start a recycling program where you work.

79. Plant garlic between strawberry rows and next to roses and fruit trees. It prevents fungus diseases and the use of chemical fungicides.

80. To remove rust, rub rust spots briskly with a piece of crumpled aluminum foil, shiny side up.

81. Give leftover paint to theater groups, schools or church groups.

82. Call your local humane society to see if they can use your old newspapers for animal bedding.

83. Check your smoke detector. Put a new battery in if it needs one. Some contain small amounts of low-level radioactive waste. Send used or broken detectors back to the manufacturer.

84. Use equal parts white vinegar and warm water to wash windows or glass. Dry with a soft cloth.

85. Install storm windows.

86. When using hazardous products, use only what is needed. Twice as much does not mean twice the results.

87. Arrange for a waste management presentation for your club or business.

88. Read publications that educate about long-term sustainability.

89. Educate your children about the environment.

90. Write a letter to the editor about your environmental concerns.

91. Get involved in a local tree-planting effort.

92. Learn about global climate change.

93. Join an environmental organization.

94. Research environmental legislation and write to your representatives in the state legislature and in Congress.

95. Think about the kind of Earth you would like to see for your grandchildren's grandchildren.

96. Plan an environmental activity for your club or scout troop, such as a recycling program.

97. Investigate the environmental record of companies you invest in. Write a letter as a shareholder to the company president or sell your stock.

98. Talk to friends, relatives and co-workers about Earth Day.

99. Copy this list and send it to your friends.

100. Find your own personal way to celebrate Earth Day.

